



GO *un*DIET at A Glance

-- 50 Small Actions to *Un*Diet --

- #1. Start UnDieting
- #2. Start one change per week
- #3. Start doing it
- #4. Start using problem-solving techniques
- #5. Start your new life with a kick-off week
- #6. Un-low
- #7. Un-shun boxes
- #8. Un-cartoon
- #9. Un-fat-free
- #10. Un-panel
- #11. Un-miss partially hydrogenated oil
- #12. Un-HPF
- #13. Un-plant omega-3
- #14. Un-nitpick your cooking oil
- #15. Un-palm
- #16. Un-favor whole grain logos
- #17. Uncover whole
- #18. Unleash whole grains from breakfast
- #19. Un-expect benefits from isolated fiber
- #20. Un-halt your grains; let them sprout
- #21. Be unafraid of meat
- #22. Un-medicate your meat
- #23. Un-crate eggs
- #24. Unveil fish
- #25. Undo your relationship with processed meat
- #26. Un-drink your calories
- #27. Un-medicate your milk
- #28. Understand the UnDiet formula: 3+1
- #29. Un-super-size your discretionary drinks
- #30. Un-bore your water
- #31. Un-count 5-a-day and count 3-a-day instead
- #32. Un-side your veggies
- #33. Un-complicate your beans
- #34. Un-focus on fresh
- #35. Un-expense your organics budget
- #36. Un-blame carbs and blame the extras instead
- #37. Un-dip finger foods
- #38. Un-sweeten your drinks
- #39. Un-fake your sugar
- #40. Un-source your sugar
- #41. Un-bank on yogurt to solve constipation
- #42. Un-complicate your breakfast cereal
- #43. Un-soy-erize
- #44. Be un-swayed by fancy calcium marketing
- #45. Un-generalize your multis
- #46. Un-empty your calories
- #47. Un-dashboard dine
- #48. Un-shun cooking
- #49. Unburden yourself
- #50. Un-count calories



Extracted from *Go UnDiet: 50 Small Actions for Lasting Weight Loss*,
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